

Application No.10/624,339  
Amendment dated November 8, 2005  
Reply to Office Action of August 9, 2005

Please amend the claims as follows:

1. (Currently Amended) A sauna comprising:

an enclosure defining a sauna chamber, said sauna chamber having a plurality of interior walls;

Infrared-heating elements located inside said sauna chamber;

said infrared heating elements being adjustable for timing and intensity;

said infrared heating elements being operable off of standard household electric current;

full spectrum except for ultraviolet [neodymium] lights located within said sauna chamber;

said [neodymium] full spectrum except for ultraviolet lights being adjustable for timing and intensity, whereby said full spectrum lights can be controlled to gradually increase and decrease in intensity over time for ease of the eyes and to mimic a natural sunrise and sunset;

and an exterior;

2. (Currently Amended) The sauna in claim 1 wherein said [neodymium] full spectrum except for ultraviolet lights are neodymium lights [can be controlled to gradually increase and decrease in intensity over time for ease of the eyes and to mimic a natural sunrise and sunset].

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3. (Currently Amended) The sauna as claimed in claim 1 in which the ultraviolet rays are removed from said [neodymium] full spectrum except for ultraviolet lights.

4. (Currently Amended) The sauna in claim 1 further comprising:

at least one interior bench to allow comfortable seating;

an enclosed area under said at least one interior bench such that said enclosed area is sheltered from the heat in said sauna;

said enclosed area containing electronic equipment for the enjoyment of music or other sound enjoyment;

a control panel on one of said plurality of interior walls;

a control panel on said exterior of said sauna; and

whereby said control panel on said exterior of said sauna and said control panel on said one of said plurality of interior walls can be used to control said infrared heating elements, said [neodymium] full spectrum except for ultraviolet lights, and said electronic equipment.

5. (Original) The sauna in claim 1 wherein said sauna is a solid structure;

said solid structure having a plurality of walls, a ceiling, a floor and a hinged door having a magnetic closure; and

whereby the interior of said solid structure is said enclosure that defines said sauna chamber.

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6. (Original) The sauna in claim 5 wherein:
- said solid structure is collapsible for easy shipping and assembly; and
  - said walls, said ceiling and said floor contain pre-attached clasp closures and screw fasteners for easy assembly with a minimum of tools.
7. (Original) The sauna, in claim 6 wherein;
- said solid structure is constructed from wood; and
  - said walls comprise two layers of wood with an air gap between to allow for sound and heating insulation.
8. (Currently Amended) The sauna in claim 1 wherein said [neodymium] full spectrum except for ultraviolet lights are located in canisters at the top of said enclosure and said canisters include a plurality of concentric rings of mirrors that redirect the angled light rays from said [neodymium] full spectrum except for ultraviolet lights into parallel beams before they leave the canister and enter the sauna such that any glare from said lights and discomfort to the eyes of the user is reduced; and the rays coming from said canister more closely duplicates the characteristics of sunlight.

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9. (Original) The sauna in claim 1 further comprising a sound system, wherein said sound system comprises:

a plurality of speakers, said speakers being located on at least one of said plurality of interior walls;

a stereo cassette system with am/fm radio;

a control panel on one of said plurality of interior walls;

a control panel on said exterior of said sauna;

whereby said control panel on said exterior of said sauna chamber and said control panel on said one of said plurality of interior walls can be used to control said sound system.

10. (Currently Amended) The sauna in claim 1 wherein a portion of said [neodymium] full spectrum except for ultraviolet lights are located in a plurality of canisters at the top of said enclosure and the remainder of said [neodymium] full spectrum except for ultraviolet lights in said sauna are located on the interior walls of said sauna.

11. (Original) The sauna in claim 1 further comprising a unit for aromatherapy.

12. (Currently Amended) The sauna in claim 1 further comprising a fan or air circulation system[ to imitate a breeze on a sunny beach].

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13. (Original) The sauna in claim 1 wherein at least one of said plurality of interior walls is covered with a light-reflective material, whereby pleasant scenes can be projected onto said light-reflective material.
14. (Original) The sauna in claim 1 wherein all controllable elements can be operated independently.
15. (Original) The sauna of claim 1 further comprising magnets located within said sauna chamber.
16. (Currently Amended) A sauna comprising:
- a solid structure having a plurality of walls each having an interior surface and an exterior surface, a ceiling, a floor a hinged door having a magnetic closure, and a top, assembled such that said sauna has an interior enclosure and an exterior;
  - said enclosure being a sauna chamber such that the interior surfaces of said plurality of walls is located within said sauna chamber;
  - at least one interior bench to allow comfortable seating;
  - Infrared-heating elements located inside said sauna chamber;
  - said infrared heating elements being adjustable for timing and intensity;
  - said top of said sauna being a panel having a plurality of neodymium lights directed into said sauna chamber;

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said neodymium lights having the full spectrum of light except for the ultra violet portion of the spectrum and said neodymium lights being adjustable for timing and intensity;

a control panel on one of said plurality of interior walls and a control panel on said exterior of said sauna such that either of said control panels can be used to control [at least] said infrared heating elements, and said neodymium lights;

said infrared heating elements being operable off of standard household electric current;

whereby said sauna is constructed from wood, said walls have two layers of wood with an gap between the layers to allow for sound and heating insulation, said sauna is collapsible for easy shipping and configured for ease of assembly; and all controllable elements can be operated independently;

wherein said neodymium lights are located in canisters at the top of said enclosure and said canisters include a plurality of concentric rings of mirrors that redirect the angled light rays from said neodymium lights into parallel beams before they leave the canister and enter the sauna such that any glare from said lights and discomfort to the eyes of the user is reduced; and the rays coming from said canister more closely duplicates the characteristics of sunlight.

17. (Canceled)

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18. (Currently Amended) The [sauna] method of [in] claim [18] 19 wherein said sauna has additional [neodymium] full spectrum except for ultraviolet lights located on the interior walls of said sauna.

19. (Currently Amended) A method for treating the effects of seasonal affected disorder comprising the steps of:

a) entering a sauna that is solid structure having a plurality of walls each having an interior surface and an exterior surface, a ceiling, a floor a hinged door having a magnetic closure, and a top, assembled such that said sauna has an interior enclosure and an exterior;

said enclosure being a sauna chamber such that the interior surfaces of said plurality of walls is located within said sauna chamber;

said sauna chamber having least one interior bench to allow comfortable seating;

said sauna chamber having infrared heating elements located inside said sauna chamber, said infrared heating elements being adjustable for timing and intensity;

said sauna chamber having a plurality of [neodymium] full spectrum except for ultraviolet lights directed into said sauna chamber, said [neodymium] full spectrum except for ultraviolet lights having the full spectrum of light except for the ultra violet portion of the spectrum and said [neodymium] full spectrum except for ultraviolet lights being adjustable for timing and intensity;

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said sauna chamber having a control panel on one of said plurality of interior walls and a control panel on said exterior of said sauna such that either of said control panels can be used to control [at least] said infrared heating elements, and said [neodymium] full spectrum except for ultraviolet lights;  
said sauna being constructed from wood, said walls having two layers of wood with an gap between the layers to allow for sound and heating insulation, said sauna is collapsible for easy shipping and configured for ease of assembly; all controllable elements in said sauna being independently operable off of standard household electric current;

- b) setting the control elements of said sauna to provide the desired light intensity from said [neodymium] full spectrum except for ultraviolet lights and the desired intensity of heat for a desired period of time;
- c) activating the light and heat in said sauna; and
- d) remaining in said sauna for a desired period of time; and exiting said sauna at the end of said desired period of time.

20. (New) The method of claim 19 wherein said full spectrum lights are neodymium lights.